

# 2019 Coronavirus (COVID-19) Frequently Asked Questions\*

\*Information is current as of 3/29/2020 and is subject to change

Please note: Text in this color denotes information that has been updated or added within the 7 days prior to release of this document version

Text in this color denotes information that has been updated since the last version of this document

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## Key Points

- The first presumptive positive case of COVID-19 in a person in Maine was reported on March 12, 2020. This does not change the recommendations for the public. (3/12)
- This virus can spread from person-to-person. It can cause severe disease and death.

- Currently, the greatest risk for COVID-19 is still travel to an area with ongoing community transmission and/or close contact with a confirmed case. (3/17)
- Contact with individuals of Chinese/Asian descent and Chinese food/restaurants are not risk factors for COVID-19.

## Presumptive Positive Case in Maine

### What is community spread?

- Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

### What information will Maine CDC release about any confirmed cases? (3/18)

- Maine CDC will release the following information: gender, age range, county of residence, and test status.
- Maine CDC will not release additional personal information about presumptive or confirmed cases.
- Maine CDC conducts investigations for all confirmed cases. Any potential contacts will be contacted.
- Press releases and information about cases are located on [Maine CDC's website](#).
- The recommendations for the public do not change based on personal details of confirmed cases. [Continue to follow proper precautions](#).

### Will Maine CDC release the towns/cities where confirmed cases are located? (3/24)

- No, Maine CDC will not provide this level of information.
- All people in Maine should be practicing [general respiratory prevention measures](#) as if COVID-19 is in their town, according to Maine CDC Director Shah.

### I think I had contact with a presumptive or confirmed positive case. What should I do? (3/20)

- If you had **close contact** (within 6 feet for 30 minutes or more) with a person who tested positive for COVID-19 while they were symptomatic or within 48 hours before their symptoms started:
  - You need to quarantine at home for 14 days. Take your temperature 2x per day and monitor for fever, cough, or difficulty breathing.
  - You can have contact with people in your household and they can continue to leave home as long as you are not symptomatic.
- If you had **contact** (within 6 feet for less than 30 minutes) with a person who has tested positive for COVID-19 while they were symptomatic or within 48 hours before their symptoms started:
  - No quarantine is recommended. Monitor for symptoms for 14 days and contact healthcare provider if symptoms develop.
- If you have **been in the same room (more than 6 feet away) at the same time** as a person who tested positive:
  - No quarantine is recommended. Monitor yourself for symptoms for 14 days and contact a healthcare provider if symptoms develop.
- If you have **been in a room at a different time than** a person who tested positive:
  - No action is needed. You are not considered a contact.
- If you have had **contact with someone who has been in contact (no direct contact)** with a person who has tested positive:
  - No action is needed.
  - You can monitor yourself for symptoms and contact a healthcare provider if symptoms develop.

### How can a person be released from isolation at home? (3/20)

- For individuals who have tested positive for COVID-19:
  - Self-isolate until:
    - At least 7 days have passed since symptoms first appeared, **AND**
    - At least 3 days (72 hrs) have passed since recovery (no fever without the use of fever-reducing medications) **and** respiratory symptoms have improved.

- All close contacts without symptoms of a person who has tested positive for COVID-19 should stay home (self-quarantine) for 14 days from the time of their last exposure.
- For individuals with symptoms compatible with COVID-19 who are not tested, or who are awaiting test results:
  - Self-isolate until:
    - At least 7 days have passed since symptoms first appeared, **AND**
    - At least 3 days (72 hours) have passed since recovery (no fever without the use of fever-reducing medications **and** improvement in respiratory symptoms).
  - **There are no recommendations at this time for close contacts of an individual that has been asked to self-isolate but has not been tested.** Any close contacts who become sick should self-isolate and follow this same guidance.
- [Specific criteria](#) are available for healthcare workers with confirmed or suspected COVID-19 for release from isolation.

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## Government and Local Response to COVID-19

### What is the State of Maine doing? (3/15)

- Response activities are being coordinated across all levels of State Government. This includes the Department of Health and Human Services, Department of Transportation, Department of Education, and many others.
- The Maine Health and Environmental Testing Laboratory is providing free COVID-19 testing.
- Maine Center for Disease Control and Prevention is conducting investigations to identify contacts of every positive COVID-19 case in the state.
- Maine CDC and 211 provide 24/7 consultation services for healthcare providers and the public, respectively.

### What is the Governor doing? (3/28)

- In early March, Governor Janet Mills convened the Coronavirus Response Team to coordinate the state government's response across departments, local agencies, and health authorities to the potential spread of COVID-19 in Maine.
- On March 12, 2020, the Governor announced additional steps to reduce the spread of COVID-19 in Maine, including:
  - Proclaiming an insurance emergency to improve access to care and require private health insurance plans to cover costs related to coronavirus testing.
  - Suspending all non-essential out-of-state work travel by State employees.
  - Recommending that non-essential large, indoor gatherings of 250 people or more be postponed.
- On March 17, 2020, the Governor issued a proclamation to prevent "profiteering in necessities" by not allowing goods deemed as necessary to be sold to consumers at more than 15 percent the price these goods and services were sold immediately prior to the disruption.
- On March 18, 2020 Governor Mills issued mandates closing dine-in service at restaurants and bars for a two week period and limiting gatherings to no more than 10 people.
- On March 24, 2020 Governor Mills issued mandates closing non-essential public-facing businesses.
- On March 27, 2020, in response to the generosity of Maine people, businesses, and organizations looking to help, Governor Mills launched [MaineHelps](#), a resource to outline ways Maine people can support efforts to combat the COVID-19 pandemic.

### How are hospitals preparing? (3/15)

- Hospitals are [following guidance from US CDC](#) to practice infection control, test and care for COVID-19 patients, and manage supplies of testing kits and personal protective equipment.

I am a healthcare worker and would like to volunteer to help with the COVID-19 response. How can I do this? (3/26)

- Please visit [www.maineresponds.org](http://www.maineresponds.org) to register as a volunteer to provide services during a disaster or emergency situation.

Where can I find more information on volunteering or donating time or resources? (3/28)

- Please visit the [MaineHelps resource](#) for information on how you can support efforts to combat the COVID-19 pandemic.

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## Events

Is my sporting event, concert, conference, etc. going to be cancelled? Will I be refunded? (3/12)

- Please contact the facility/organization hosting the event to find out if it is cancelled.
- Please contact the facility/organization hosting the event to find out about refunds.

I am hosting an event. What do I do? (3/18)

- It is **mandated** that all events with over 10 people cancel or postpone their event until further notice.

If I need to postpone an event, how long should I postpone it? (3/16)

- At this time, we can't provide a clear answer to that. This recommendation to postpone and cancel events will be reviewed by the Governor's office regularly.

Do the restrictions on gatherings include schools? (3/20)

- Maine Governor Mills strongly recommends that all public schools end classroom instruction as soon as reasonably practical. Maine Department of Education is working with USDA to allow schools to provide meals offsite to students.
- On March 20, Governor Mills announced that to further increase social distancing, Maine public schools will remain closed until the end of the declared civil emergency, initially ending April 27th.

Why are all events with over 10 people recommended to be cancelled? (3/12)

- This is a proactive measure to help reduce the chances of COVID-19 spreading in Maine.

I am planning to attend a conference or other large community event. Should I go? (3/18)

- Please contact the facility/organization hosting the event to find out if it is cancelled.
- US and Maine CDC strongly recommend that individuals practice social distancing, which includes avoiding gatherings of 10 or more people.

I was at a conference and was informed there was a confirmed case there. What should I do? (3/15)

- If you are contacted informing you that you have had close contact with a presumptive positive or confirmed COVID-19 case, you will need to [self-isolate](#).
- If you are not notified that you have had close contact with a presumptive or confirmed case, follow these guidelines:
  - For 14 days following the conference, monitor yourself for symptoms (fever, cough, or difficulty breathing). If symptoms develop, contact your healthcare provider BEFORE going to the office.
  - Stay home if possible and avoid close contact with other people.

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## Businesses

### Is there a requirement for businesses to close? (3/24)

- All restaurants and bars in the state are mandated to close to dine-in customers (until April 8).
  - Take-out, delivery, and drive-through options can continue during this time, though Governor Mills urges these services to minimize gathering of customers.
  - Governor Mills urges Maine people to continue to support establishments by purchasing take-out meals, buying gift cards, or other measures of support.
- Governor Mills **mandates** that all non-essential businesses and operations close their physical locations that are public facing (those that allow customer, vendor, or other in-person contact) until April 8th. Also all non-essential business sites that require more than ten workers to gather in a space where physical distancing is not possible.
  - Non-essential businesses and operations may continue activities that do not involve these types of in-person contact and gatherings, but should facilitate the maximum number of employees working remotely.
  - Non-essential businesses include, but are not limited to: shopping malls, fitness and exercise gyms, spas, barber shops, hair salons, tattoo and piercing parlors, massage facilities, nail technicians, cosmetologists and estheticians, electrolysis services, laser hair removal services, and similar personal care and treatment facilities and services.
  - This does not include businesses that provide essential services, including but not limited to: food processing, agriculture, industrial manufacturing, construction, trash collection, grocery and household goods (including convenience stores), home repair and hardware and auto repair, pharmacy and other medical facilities, biomedical and health care, child care, post offices and shipping outlets, insurance, banks, gas stations, laundromats, veterinary clinics and animal feed and supply stores, shipping stores, public transportation, and hotel and commercial lodging.
    - If you believe that your business is essential, you may [request designation as an essential business](#).
    - Implement social distancing measures and be thoughtful about need to visit these businesses during this time.
  - For essential businesses, implement physical distancing measures. For large retail stores especially:
    - For stores with retail space of more than 5,000 ft: limit customers to no more than 100 at any one time.
    - Enhance curbside pick-up and delivery services.
    - Stagger hours for shoppers of a certain age.
    - Close fitting rooms.
    - Caution customers against handling merchandise they are not purchasing.
    - Mark six-foot measurements by the cashier stations and remind customers to remain six feet apart while in store.
    - Stagger break times for employees and require frequent hand washing.
    - Frequently sanitize high-touch areas, such as shopping carts.
  - Other businesses are encouraged to have employees work remotely or implement social distancing measures if this is not possible, including: legal services, business and management consulting, professional services and insurance services, etc.
- Further guidance for businesses from US CDC can be found [here](#).

### How do I know if my business is essential or not? (3/24)

- Contact the Business Answers Team to determine if your business classifies as essential:
  - Calling in Maine: 1-800-872-3838
  - Outside of Maine: 1-800-541-5872
  - Email: [business.answers@maine.gov](mailto:business.answers@maine.gov)

### COVID-19 and Daily Life

#### I need help with rent assistance/evictions due to COVID-19. Who can I contact? (3/24)

- Please contact the [Maine State Housing Authority](#) for assistance with this at 207-626-4600.

#### What should I do if my kids can't go to school? (3/15)

- Childcare:
  - Talk with your employer about sick leave and telework options if you need to stay home with your child.
  - Consider alternate childcare arrangements, such as having a family member or friend watch your child while you are at work.
- Education:
  - Talk to your child's school about options for digital and distance learning.
  - Discourage children and teens from gathering in other public places while school is dismissed to help slow the spread of COVID-19 in the community.
  - Keep track of school dismissal updates to determine when students should return to schools.
    - This decision will be made by individual school districts.
- [Talk to your child](#) about COVID-19 to reduce anxiety and stress.

#### How should I cope with stress during a COVID-19 outbreak in my community? (3/12)

- An outbreak of COVID-19 in your community may be very stressful.
- Visit US CDC's [Mental Health and Coping During COVID-19](#) site for ways you can support yourself during an outbreak.

#### Am I at risk for COVID-19 from a package or products shipping from China?

- Currently there is no evidence to support the spread of COVID-19 with imported goods. There are no cases of COVID-19 associated with imported goods.

#### Where can I find information on unemployment insurance and unemployment benefits? (3/26)

- Visit the [Maine Department of Labor COVID-19 Site](#) for more information.

#### Where can I find information on services offered through the Department of Health and Human Services? (3/26)

- Programs include Temporary Assistance for Needy Families, Food Supplement Benefits, Health Care Assistance, Emergency Assistance, Child Care Subsidy, and General Assistance.
- Find information [here](#).
- Apply for benefits [online](#).

#### Where can I find information on services to help businesses? (3/26)

- Contact the [Maine Department of Economic and Community Development](#).

#### Where can I find resources for children during the COVID-19 response? (3/26)

- Visit the [Maine Department of Education COVID-19 resources page](#).

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## Prevention

### How can I protect myself? (3/20)

- The best way to prevent infection is to avoid being exposed to this virus. People should [avoid travel to affected areas](#), [practice social distancing](#), and follow general respiratory prevention measures:
  - Wash your hands often with soap and water for at least 20 seconds. This is especially important after using the bathroom, before eating, and after blowing your nose, coughing, or sneezing. If soap and water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  - Avoid touching high-touch surfaces in public.
  - Avoid close contact with people who are sick.
  - Cover your cough or sneeze into a tissue, then throw the tissue in the trash.
  - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
  - Stay home when you are sick.

### Should I buy N95 respirator masks to protect myself from COVID-19? (3/15)

- For most Americans, practicing [general respiratory prevention measures](#) is the best way to prevent infection with the COVID-19 virus.
- N95 respirator masks should be reserved for people at high risk of exposure to the COVID-19 virus, especially people who work in healthcare settings.

### I cannot find facemasks or other personal protective equipment (PPE) anywhere. Can Maine CDC help? (3/20)

- Maine CDC is not able to provide personal protective equipment to members of the public or assist in helping members of the public find sources for personal protective equipment.
- If you are sick, contact your healthcare provider for assistance in finding facemasks and other equipment.
- If you are not sick, there is no recommendation for wearing facemasks or other PPE. Practice [general respiratory prevention measures](#).
- Healthcare facilities should follow US CDC's [strategies for optimizing the supply of PPE](#).

### Are there any cleaning recommendations to prevent COVID-19? (3/20)

- Clean and disinfect frequently touched objects and surfaces (tables, countertops, light switches, doorknobs, cabinet handles, etc.) daily using a regular household cleaning spray or wipe.
- Consult [this list](#) of EPA-approved products for emerging viral pathogens for recommendations.
- Find cleaning recommendations for households with suspected/confirmed COVID-19 cases [here](#). (3/20)

### What type of hand sanitizer should I be using?

- Use an alcohol-based hand sanitizer that contains 60 percent to 95 percent alcohol.
- If soap and water are readily available, wash hands instead of using alcohol-based hand sanitizer.

### What is social distancing?

- Social distancing means remaining out of:
  - Public places where close contact with others may occur (shopping centers, movie theaters, stadiums, etc.).
  - Workplaces (unless in an office space that allows distancing from others).
  - Schools and other classroom settings.
  - Local public transportation (bus, subway, taxi, ride share, plane, ship, etc.).

### I work for a community or religious organization. How can we respond to COVID-19? (3/12)

- Guidance for responding to COVID-19 before, during, and after an outbreak occurs, as well as recommendations for cleaning facilities can be found on [US CDC's website](#).

## I work for an organization that serves homeless populations. How can we respond to COVID-19? (3/12)

- Guidance for responding to COVID-19 before, during, and after an outbreak occurs, as well as recommendations for cleaning facilities can be found on [US CDC's website](#).

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## Medical Information & Testing

### How does the virus spread?

- Person-to-person spread is thought to occur when an infected person coughs or sneezes within 6 feet of an uninfected person and the uninfected person breathes in the virus.

### Can someone spread the virus without being sick? (3/20)

- People are most contagious when they are the sickest. Some spread might be possible before people show symptoms, but not the main way the virus spreads.

### What are the signs and symptoms of COVID-19?

- Signs and symptoms include: **fever, cough, difficulty breathing/shortness of breath**, and can range from mild to severe and even death.

### What is the treatment for COVID-19? (3/15)

- There are currently no approved treatments for COVID-19 besides supportive care.
- Supportive care means that the symptoms of disease are treated, rather than the cause of the disease.

### Who can be tested for COVID-19 and where? (3/20)

- Work with your healthcare provider to find your nearest testing location.
- Decisions to test are left up to the clinical judgement of your healthcare provider.
- Testing prioritization at HETL (the state lab):
  - Maine's Health and Environmental Testing Laboratory (HETL) is prioritizing testing to high risk individuals to preserve testing supplies during a national supply shortage.
  - Individuals being tested must be symptomatic (fever or respiratory symptoms) **AND** fall into one of these high-risk categories:
    - Hospitalized patients.
    - Health care workers.
    - First responders (EMS, Police, Fire, etc.).
    - Those living in congregate settings (e.g. long-term care facilities, group homes, assisted living facilities, jails, shelters).
    - Patients older than 60 years.
    - Patients with underlying medical conditions.
  - If symptoms are consistent with COVID-19 but do not fall into high risk category, patient should be evaluated and isolated at home. Testing is not recommended.
  - Samples received at HETL for those not meeting high-risk criteria may be saved but later testing cannot be guaranteed.
  - Samples submitted from asymptomatic individuals will be rejected.
- Testing of patients who do not meet high-risk criteria for testing at HETL can be tested at other commercial laboratories.

### I was tested for COVID-19. How long will my results take? How can I find results? (3/24)

- Contact the healthcare provider that tested you for a timeframe and for results.
- Maine CDC does not provide test results to individuals.

### My healthcare provider is not able to test me for COVID-19. What should I do? (3/12)

- If your symptoms are mild and do not require a visit to your healthcare provider, you should self-isolate at home.
- If your symptoms are serious enough to require a visit to your healthcare provider, call ahead **BEFORE** you leave for your healthcare provider's office.
  - If your provider is not able to test you, ask if they can facilitate testing at another location.
  - Always call ahead **BEFORE** arriving at a new healthcare provider's location.

### Can a person test negative and later test positive for COVID-19?

- For COVID-19, a negative test result for a sample collected while a person has symptoms likely means that the COVID-19 virus is not causing the current illness.

### Can someone who has had COVID-19 spread the illness to others?

- Someone who is actively sick with COVID-19 can spread the illness to others.
- Once a person with COVID-19 has been released from isolation and is no longer showing symptoms without the aid of medication (fever-reducers, cough suppressants), they are no longer considered able to spread the COVID-19 virus.

### What is the difference between self-quarantine, self-isolation, and self-monitoring? (3/15)

- Self-quarantine means that you need to separate yourself from others because you **may have been exposed** to the COVID-19 virus but are not currently symptomatic.
- Self-isolation means that you need to separate yourself from others because you **may be infected** with the COVID-19 virus and you are experiencing symptoms.
- Whether you are self-quarantining or self-isolating, you should:
  - Stay home.
  - Limit the number of visitors in your home.
  - Avoid contact with others, especially those who are at high risk of severe COVID-19 illness.
  - Keep a distance of at least 6 feet from other people.
  - If you are sick, wear a mask that covers your nose and mouth.
- Self-monitoring means that you need to pay attention to your health to note if you develop symptoms of COVID-19, including fever, cough, or difficulty breathing.

### What should I do if I don't have a Primary Care Provider (PCP)? (3/15)

- If you are sick or would like to be tested for COVID-19 but do not have a PCP, you can visit an urgent care or walk-in facility for care and testing. Always call **BEFORE** you arrive to let them know you are coming.
- The Emergency Department should be reserved for patients whose symptoms require emergency care.
- Always call a healthcare facility **BEFORE** going inside to let them know you are sick.

### What should I do if I am under-insured? If I do not have insurance? (3/18)

- On March 12, 2020, Maine Governor Janet Mills declared an Insurance Emergency. This requires all private insurers in Maine to cover the costs of coronavirus testing, as well as associated costs, including healthcare visits and copays.
- Anyone uninsured in Maine can review [this guidance](#) to access COVID-19 testing and care.

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## Public Health Response and Current Situation

### Am I at risk for COVID-19 infection in Maine? (3/17)

- Visit the [Maine CDC Coronavirus website](#) for information on cases in Maine.
- Elevated risk: People in places with ongoing community spread of the virus, healthcare workers, close contacts caring for COVID-19 cases, and travelers returning from [affected international locations](#).

- The situation is rapidly evolving. For the most up-to-date travel information, visit [U.S. CDC's travel health notices page](#).

### Which states have confirmed cases of COVID-19?

- U.S. CDC has a [map of states with confirmed COVID-19 cases](#). This map is updated regularly.

### Which countries have confirmed cases?

- U.S. CDC has a [world map and list of countries with confirmed cases](#). This map is updated regularly.

### Can someone who has been quarantined for COVID-19 spread the illness to others?

- No, someone who has been released from COVID-19 quarantine is not considered a risk to others because they have not become ill during the incubation period.

### Who is at higher risk for serious illness from COVID-19?

- Older adults and people who have serious chronic medical conditions are at higher risk for serious illness.
- Serious chronic medical conditions include: **heart disease, diabetes, and lung disease**.

### What should people at higher risk of serious illness with COVID-19 do? (3/13)

- If you are at a higher risk of getting very sick from COVID-19, you should:
  - Stock up on supplies, including daily medications.
  - Take everyday precautions to keep space between yourself and others.
  - When out in public, keep away from others who are sick.
  - Limit close contact with others.
  - Wash your hands often.
  - Avoid crowds
  - Practice [social distancing](#).
- If there is an outbreak in your community, stay home as much as possible.
- Watch for symptoms. If you get sick, stay home and call your doctor.
- Visit U.S. CDC's page for [People at Risk for Serious Illness from COVID-19](#) for more information.

### What is the risk for pregnant women and infants of COVID-19? Should I breastfeed?

- Find the latest information on the risk of COVID-19 for pregnant women and infants, as well as recommendations for breastfeeding on US CDC's [Pregnancy and Breastfeeding site](#).

### Is my child at increased risk of developing COVID-19?

- Find the latest information on the risk of COVID-19 for children on US CDC's [COVID-19 and Children site](#).

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## Travel

### Is it safe to travel to countries where there are cases of COVID-19? (3/24)

- Visit [US CDC's travel page](#) for the latest updates on travel restrictions and recommendations.
- All travelers should follow [general respiratory prevention measures](#).

### Is it safe to travel to areas in the United States that have cases of COVID-19? (3/15)

- Crowded travel settings, like airports, may increase your risk of exposure to COVID-19.
- Consider these questions before travel within the US:
  - Is COVID-19 spreading where you're going?
  - Will you or your travel companions be in close contact with others during your trip?
  - Are you or your travel companions at higher risk of severe illness if you do get COVID-19?
  - Do you have a plan for taking time off from work or school, in case you get exposed to, or are sick with, COVID-19?

- Do you live with someone who is older or has a severe chronic health condition?
  - Is COVID-19 spreading where you live?
- The situation is rapidly evolving. For the most up-to-date travel information, visit [U.S. CDC's travel health notices page](#).

#### I have a connection at an airport in [an affected country](#). Is that okay?

- Airport layovers in international destinations with a level 3 travel health notice are included in the recommendation to avoid nonessential travel. If unavoidable, do not leave the airport.
  - You may still be subject to screening and monitoring when entering the US.

#### Am I at risk of getting COVID-19 on an airplane?

- Most viruses and other germs do not spread easily on airplanes because of how air circulates and is filtered.
- Although risk of infection on an airplane is low, travelers should practice [general respiratory prevention measures](#).

#### Is it safe to go on a cruise?

- U.S. CDC recommends travelers defer all cruise ship travel worldwide, particularly those with underlying health issues.

#### How are travelers being screened when they enter the U.S.?

- Visit US CDC's [Travel page](#) for the latest updates on screening and prohibitions for entry to the US.

#### I (or someone I know) recently [traveled to an affected area](#). What should I do?

- If you traveled from a [Level 3 area](#), isolate at home for 14 days and monitor for symptoms, [following this guidance](#).
  - If you are sick: seek medical care but call ahead **BEFORE** you arrive at the healthcare facility. Isolate yourself until you are no longer showing symptoms (without the aid of medication).
- If you traveled to any other location, monitor your health for 14 days for symptoms (fever, cough, difficulty breathing). Unless experiencing symptoms, you can return to your normal activities.

#### I recently traveled to an unaffected area and am now sick. What should I do?

- Contact a healthcare provider. Your healthcare provider may test you for influenza or other respiratory illnesses.
- Follow [general respiratory prevention measures](#).
- Avoid non-essential travel while sick.
- Always practice [general respiratory prevention measures](#). Anyone with respiratory symptoms should contact a healthcare provider.

#### What are quarantine recommendations for people returning from global travel, including healthcare workers? (3/15)

- Travelers returning from countries with widespread or ongoing community transmission ([CDC Level 3](#)):
  - Self-quarantine at home for 14 days from the time you left the country with a Level 3 notice.
  - Monitor for fever (take temperature two times per day), cough, or trouble breathing. Contact a healthcare provider if you develop symptoms and let them know your recent travel.
  - Practice social distancing. Stay home (do not go to work or school), do not take public transportation or ride-shares, avoid crowded places, keep distance from others (about 6 feet).
- Travelers returning from other countries:
  - There are no requirements for self-quarantine or monitoring of individuals returning from countries without a CDC Level 3 Travel Alert Notice.
  - The decision to self-quarantine after travel from these countries is left up to individual judgement.
  - Travelers can visit [US CDC's travel page](#) to determine if COVID-19 is being transmitted in a community abroad.
  - If the decision to self-quarantine is made, follow these precautions:

- Self-quarantine at home for 14 days from the time you left the country.
- Monitor for fever (take temperature two times per day), cough, or trouble breathing during this time.
- Practice social distancing. Stay home (do not go to work or school), do not take public transportation or ride-shares, avoid crowded places, keep distance from others (about 6 feet).

### What are quarantine recommendations for people returning from domestic travel (within the United States), including healthcare workers? (3/26)

- Travelers coming from the New York City area should self-quarantine for 14 days from the time they left the area.
- From all other areas, the decision to self-quarantine after domestic travel is left up to individual judgement, based on the spread of COVID-19 in the area the person traveled from (Visit [US CDC's](#) and [Johns Hopkins'](#) websites for this information.)
- To self-quarantine follow these precautions:
  - Stay at home for 14 days.
  - Monitor for fever (take temperature two times per day), cough, or trouble breathing.
  - Practice social distancing. Stay home (do not go to work or school), do not take public transportation or ride-shares, avoid crowded places, keep distance from others (about 6 feet).

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## COVID-19 and Funerals

### Am I at risk if I go to a funeral or visitation service for someone who died of COVID-19? (3/12)

- There is currently no known risk associated with being in the same room at a funeral or visitation service with the body of someone who died of COVID-19.

### Am I at risk if I touch someone who died of COVID-19 after they have passed away? (3/12)

- Since we are still learning how the virus spreads, people should consider not touching the body of someone who has died of COVID-19.
- Activities such as kissing, washing, and shrouding should be avoided before, during, and after the body has been prepared.
  - If these actions are important religious or cultural practices, wear appropriate personal protection equipment (PPE) while working with the deceased. Funeral homes can help with this guidance.

### What do funeral home workers need to know about handling people who have died of COVID-19? (3/12)

- Funeral home workers should follow their routine infection prevention and control precautions. Embalming can be conducted following [standard precautions](#). Follow local ordinances for burial or cremation of remains involved in an infectious disease outbreak.

### My family member died from COVID-19 while overseas. What should I do? (3/12)

- If you are overseas, contact the nearest [US embassy or consulate](#).
- If you are in a different country from the deceased person, call the Department of State's Office of Overseas Citizens Services, open Monday through Friday, 8 AM to 5 PM EST at 888-407-4747 (toll-free) or 202-501-4444.

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## COVID-19 and Animals

### Can I get COVID-19 from a pet or other animal? Can my pet get COVID-19?

- To date, there are no reports of pets or other animals becoming sick with COVID-19, and no evidence that pets, including dogs, can spread COVID-19.
- Include pets in your family's preparedness planning efforts including having a 2-week supply of pet food and pet medicines available. Visit [U.S. CDC's Pet Disaster Preparedness Kit](#) site for more information.

### Should I avoid contact with pets or other animals if I am sick with COVID-19?

- Restrict contact with pets or other animals while you are sick with COVID-19.
- Have another member of your household care for animals while you are sick. If you must care for animals while sick, wash your hands before and after interacting with animals and wear a facemask.
- Avoid contact with animals, including petting, snuggling, being kissed or licked, and sharing food.

### Do I need to get my pet tested for COVID-19?

- No, routine testing for COVID-19 is not recommended.

### Can animals carry the virus that causes COVID-19 on their skin or fur?

- There is no evidence that the virus can be spread to people from the skin or fur of pets.

### Are pets from a shelter safe to adopt?

- There is no reason to think any animals, including shelter pets, in the US might be a source of COVID-19.

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## COVID-19 and Water Transmission

### Can the COVID-19 virus be passed through water? Should wastewater treatment workers be worried?(3/15)

- No. Conventional water treatment methods should remove or inactivate the virus that causes COVID-19.
- Visit US CDC's [Water Transmission and COVID-19](#) page for more information.

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